



## Cardiovascular Medicine at Domino's Farms Metabolic Fitness Program Pre- and Post-Knowledge Test

1. Exercise training, combined with dietary intervention, has positive benefits for glucose, insulin levels, cholesterol, and blood pressure responses.  
**True or False**
2. The benefits of cardiovascular exercise for people with metabolic syndrome are:
  - a. Reduction in the prevalence of type 2 diabetes
  - b. Decrease in blood pressure
  - c. Increase in HDL cholesterol
  - d. Decrease in triglycerides
  - e. All of the above
3. The three basic components of physical fitness program:
  - a. Cardiovascular endurance, strength training, and flexibility
  - b. Anaerobic exercise, strength training, and stretching
  - c. Aerobic exercise, walking, and lifting weights
4. If you have high blood pressure, you should limit your sodium intake to no more than 3,000 mg per day. **True or False**
5. Grilled salmon, brown rice, steamed broccoli, salad with an olive oil vinaigrette, and a fresh fruit salad would be a better meal choice than pasta with tomato sauce, garlic bread, and sugar-free jello.  
**True or False**
6. One plain fat-free bagel would be a better breakfast choice than 2 slices of whole wheat bread with 2 teaspoons of natural peanut butter. **True or False**

7. Stress can trigger which of the following responses in the body:
- a) Increased blood pressure
  - b) Increased immune system functioning
  - c) Increased fat in abdomen
  - d) a & b
  - e) a & c

8. Effective ways to decrease stress and bring about the relaxation response are:
- a) Deep breathing
  - b) Meditation
  - c) Imagery
  - d) a & b
  - e) a, b & c

9. Our thoughts can trigger the Stress Response in our body.  
**True or False**

10. You need to have all 5 characteristics of the following to have metabolic syndrome: True or False
- a. Central obesity with waist circumference: Men > 40 inches, women > 35 inches,
  - b. Fasting triglycerides > 150,
  - c. Low HDL: Men < 40, women < 50,
  - d. Blood pressure  $\geq$ , 130/85 mmHg, and
  - e. Fasting glucose  $\geq$ , 100

11. Diet and exercise are the best way to improve metabolic syndrome. **True or False**

12. Having metabolic syndrome increases the risk of heart attack and stroke. **True or False**